Basic techniques Ju Jitsu Do

Jime waza, Kansetsu waza & Ne waza

Ju Jitsu International Federation (JJIF)

Mario den Edel & Rob Poleij are the authors of this poster and book 'Ju-Jitsu Do, examination requirements, 5th kyu - 1st dan' (and '1st dan - 5th dan').
Part of the JJIF 'Guideline Kyu and Dan grades'. For more information: **www.pechemelba.nl**

Strangulations and chokes *Jime waza*

Strangulation from behind
Hadaka jime

Strangulation on the ground
Ushiro jime

Rear naked choke with interlocking arms
Ushiro hadaka jime

Single wing choke
Kata ha jime

Standing single wing choke
Kata ha jime

Strangulation crossed
Kata te juji jime

Shoulder hand choke
Kata te jime

Using the leg
Ashi jime

Triangle choke using the leg from behind
Ushiro sankaku ashi jime

Weaving strangulation with legs
Sankaku jime

Pushing hand strangulation
Tsukomi jime

Crossed strangulation with legs
Ashi juji jime

Reverse strangulation with an insert
Gyaku kata ha jime

Naked strangulation from above
Tate hadaka jime

Strangulation with two arms
Morote jime

Kidney scissor
Do jime

Slip collar strangulation
Okuri eri

Rolling strangulation
Ohten jime

Neck locks *Kubi kansetsu waza*

Hair chin twist
Kubi gaeshi

Neck lock: jaw bone pressure with forearm
Kubi hishigi

Stretched neck lock
Kubi hishigi

Standing stretched neck lock
Kubi hishigi

Stretched neck lock using the leg
Ashi kubi hishigi

Scissor techniques *Basami waza*

Knee kick ankle pull
Kani ashi basami

Knee scissor
Hiza basami

Knee push ankle jerk
Te osae hiza basami

Lying knee pressure
Kani ashi garami

Ground scissor
Kani basami

Double leg scissor
Kami basami

Holding techniques *Oseakomi waza and escaping techniques*

Guard position

Cross position

Mount position

North south position

Back mount position

Armpit-head holding technique
Kesa gatame

Ear-elbow holding technique
Kata gatame

Sideways holding technique
Yoko shiho gatame

Chest-arm holding technique
Mune gatame

From behind
Kami shiho gatame

From above
Tate shiho gatame

Leg locks *Ashi kansetsu waza*

Leg lock using the forearm
Ashi kanuki hishigi

Leg lock on fibula
Uchi kata ashi hishigi

Cross leg lock
Ashi hishigi

Cross leg lock
Kakato gaeshi

Knee entanglement
Hiza garami

Leg lock
Ashi gatame

Hip turn lock
Koshi gaeshi

Stretched knee lock crossed sideward
Hiza hishigi yoko juji gatame

Attacking and defending with a stick *Kaibo*

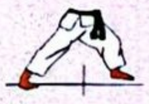
Crossed strangulation with a stick
Kaibo juji jime

Crossed leg lock with a stick
Kaibo juji ashi

Strangulation with a stick
Kaibo jime

Lock with a stick on the leg
Kaibo ebi ashi

Stances *Kamae* and Body movement *Sintai / Ebi*



Forward kata stance
Zenkutsu dachi

Free fighting stance
Hanmi kamae

Sideway stance
Shiko dachi

Back stance
Kokutsu dachi

Cat stance
Neko ashi dachi

Normal step (walking feet)
Ayumi ashi

Shuffle step
Tsugi ashi

Moving backwards when lying down *Ebi*

Moving forwards when lying down *Ushiro Ebi*

Stand up from a ground fighting stance

Crawling

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Kansetsu waza

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Stretched arm locks *Ude hishigi waza*

Elbow holding lock
Ude Osae

Stretched arm lock with the knee
Ude hishigi hiza gatame

Across the shoulder
Kata gatame

Using an arm lock across the neck or shoulder
Kubi gatame

Using the arm pit and flank of the body
Waki gatame

Using the arm pit and flank of the body on the ground
Waki gatame

Using forearm
Kanuki gatame

Cross from above
Tate juji gatame

Across the groin
Ude hishigi juji gatame

Stretched arm lock sidewards
Yoko ude hishigi juji gatame

Across the belly
Hara gatame

Across the belly
Gyaku hara gatame

Using the knee
Hiza gatame

Across the chest
Mune gatame

Stretched arm lock across the leg
Ude hishigi ashi gatame

Stretched arm lock on the arm/elbow
Ude hishigi ude gatame

Crossed arm lock with two arms (weaving)
Morote juji ude hishigi

Wrist locks *Kote kansetsu waza*

Outward wrist twist
Kote gaeshi

Inward wrist twist
Kote mawashi

Variation on the inward wrist lock
Kuzure kote gaeshi

Reversed wrist lock
Te kubi kote gaeshi

Upward wrist twist
Kote hineri

Pushing outward wrist lock
Tsuki kote gaeshi

Using the gooseneck on the back
Ura te kubi gaeshi

Reverse twisted wrist lock
Gyaku kote mawashi

Horizontal twisted
Kuzure kote hineri

Double wrist lock with stretched arms front and rear
Morote te kubi kote gaeshi

Finger locks *Yubi kansetsu waza*

Stretched finger locks
Yubi kansetsu waza

Escaping techniques and pressure points *Hodoki-Waza - Tsubo*

Pressure points
Tsubo

Arm entanglement locks *Ude garami waza*

Hand knife on the back
Ude garami

Downward
Ude garami

Upward on the back
Ude garami

Lying on belly
Ude garami

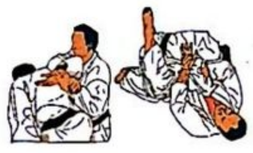
Kneeling using the leg
Ashi ude garami

On the ground using the leg
Ashi ude garami

Shoulder torsion using the neck
Kubi ude garami

Outside shoulder torsion
Soto ude garami

Reversed braided for the chest
Gyaku Soto Ude garami



Lift on the back
Gyaku juji age garami

Ude garami weaving with t[illegible]g
Seoi Ashi Ude

Transport techniques

Arm entanglement on the back
Ude garami

Using the gooseneck wrist lock
Te kubi kote gaeshi

Stretched armlock using the neck or shoulder
Kubi gatame

Using the forearm
Kanuki gatame

Using the chest/neck embracing
Kubi gatame

Stretched finger locks
Yubi kansetsu waza

Arm entanglement using the neck
Kubi ude garami

Reverse twisted wrist lock
Gyaku kote mawashi

With wrist twisting
Kuzure Kote hineri

Using the gooseneck on the back
Ura te kubi gaeshi

Arm entang[illegible]
Soto ude ga[illegible]

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Nage waza

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Armthrows *Te waza*

Body drop
Tai otoshi

Four direction throw
Shiho nage

Seizing both legs
Ryo ashi dori

Seizing both legs from behind
Ushiro ryo ashi dori

Knee ankle jerk
Kata ashi dori

Neck hip throw with two hands
Morote kubi nage

Backward throw using the neck
Ushiro kubi nage

Leg tackle from behind
Ushiro Kata ashi dori

Leg tackle from inside
Uchi Kata ashi dori

Throw down (front)
Mae sekui nage

Throw down (sideways)
Yoko sekui nage

Throw down (behind)
Ushiro sekui nage

Incoming neck throw
Kubi irimi nage

Rolling throw
Kaiten nage

Splitting throw
Kiri otoshi

Arm lock throw
Ude kime nage

Elbow throw
Hiji otoshi

Floating throw
Uki otoshi

Sacrifice throws *Sutemi waza*

Sideway wheel
Yoko guruma

Corner counter
Sumi gaeshi

Outer wrap around
Soto makikomi

Valley drop
Tani otoshi

Small inner wrap around
Ko uchi maki komi

Flying scissor
Tobi kami basami

Circle throw
Tomoe nage

Belly throw
Yoko Tomoe nage

Rice bale throw (front)
MaeTaware gaeshi

Rice bale throw (back)
Ushiro Taware gaeshi

Side split
Yoko wakare

Sideway sacrifice throw
Yoko otoshi

Backward sacrifice throw
Ura nage

Hip throws *Koshi waza*

Turn hip throw
Uki Goshi

Lift hip throw
O goshi

Neck throw
Kubi nage

Sweeping hip throw
Harai goshi

Rear hip throw
Ushiro goshi

Inner thigh throw
Uchi mata

Push pull/lift hip throw
Sode tsurikomi goshi

Wing hip throw
Hane goshi

Swap hip throw
Utsuri goshi

Leg throws *Ashi waza*

Great outer drop
O soto otoshi

Major outer leg throw
O soto gari

Foot sweep outside
De ashi barai

Small hook outside
Ko soto gake

Great circle hook
O uchi gari

Foot sweep inside
Ko uchi gari

Knee-Shin strut
Hiza guruma

Twisted backward leg sweep
Ushiro ashi barai

Backward leg circle hook
Ushiro O uchi gari

Shoulder throws *Kata waza*

Schoulder throw
Seoi nage

Schoulder throw kneeling
Seoi otoshi

Shoulder wheel
Kata guruma

Shoulder throw with two arms crossed
Morote ude juji seoi nage

Lifting schoulder throw
Age seoi otoshi

Shoulder throw on outer side
Soto kata seoi nage

Schoulder throw using the opposite
Ashi seoi nage

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Basic techniques Ju Jitsu Do

Uke waza & Atemi waza

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Blocks - *Uke Waza*

Elbow block *Empi uke*

Palm/hammerfist dropping block *Teisho / tetsui Otoshi uke*

Deflecting elbow block *Nagashi hiji uke*

Palm block *Teisho uke*

Sweeping hand block *Te nagashi uke*

Outward block *Soto uke*

Inward block *Uchi uke*

Cross block low *Juji uke gedan*

Cross block high *Juji uke jodan*

Double forearm block *Kake uke*

Inside-outside block low *Uchi / soto gedan barai*

Leg blocks

Lower leg block *Nami uke*

Foot stomp kick *Mae kekomi geri*

Striking, punching and kicking techniques - *Atemi Waza*

Avoiding fist punch *Nagashi tsuki*

Hammerfist strike *Tettsui uchi*

Elbow strike *-Yoko empi uchi -Mawashi empi -Ushiro empi -Otoshi empi*

Elbow strike to the head *Age empi*

Knife hand strike *Shuto uchi*

Hook punch *Kagi tsuki*

Uppercut *Age tsuki*

Back fist *Uraken uchi*

Wedge-shaped low *Morote uke gedan*

Wedge-shaped high *Morote uke jodan*

Upward block *Age uke*

Downward sweeping block *Gedan barai*

Falling stroking block *Osae uke*

Knife hand block *Shuto uke*

Rotating block with foot *Mika mawashi uke*

Foot block *Ashi uke*

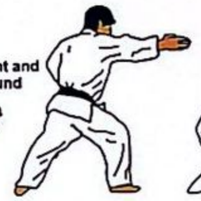
Stepping punch *Jun tsuki*

Headbutt to the front *Atama ate* and to the rear *Atama ushiro ate*

Wide hand blow *Toho tsuki*

Reverse punch *Gyaku tsuki*

Palm strike *Teisho tsuki*



Finger strike *Nukite tsuki*

Inner ridge hand strike *Haito uchi*

Sidekick *Yoko geri*

Stomping kick *Fumikomi geri*

Rear kick *Ushiro geri*

Knee kick *Hiza geri*

Jumping front kick *Mae tobi geri*

Dropping heel kick *Kagato geri*

Spinning backwards roundhouse kick *Ushiro mawashi geri*

Standing backwards roundhouse kick *Ura mawashi geri*

Groin kick *Kin geri*

Front kick *Mae geri*

Low kick *Keikotsu geri*

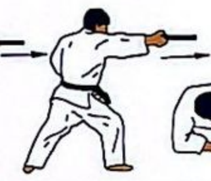
Roundhouse kick *Mawashi geri*

Kaibo

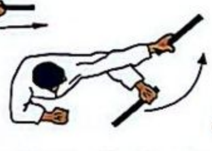
Stroke with stick straight to the head *Kaibo men uchi*

Angled stroke with stick to head, waist or legs *Kaibo uchi jodan, chudan of gedan*

Reverse punch with stick *Kaibo gyaku tsuki*



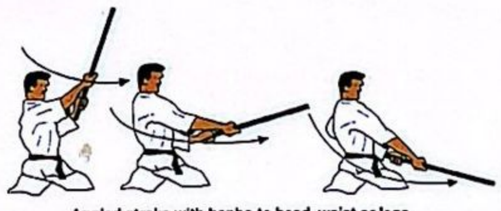
Straight punch with stick *Kaibo juntsuki*



Side strike with stick *Kaibo Uraken uchi*

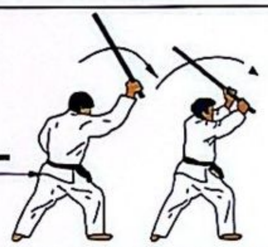
Backward punch with stick *Kaibo ushiro tsuki*

Hanbo



Angled stroke with hanbo to head, waist or legs *Hanbo uchi jodan, chudan of gedan*

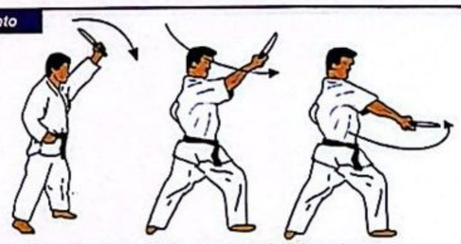
Punch with hanbo using two hands *Hanbo morote tsuki*



Stroke with hanbo straight to the head *Hanbo men uchi*

Backward punch with hanbo *Hanbo ushiro tsuki*

Tanto



Angled cutting stroke with knife to head, waist or legs *Tanto uchi jodan, chudan of gedan*

Reverse punch with knife *Tanto gyaku tsuki*

Straight punch with knife *Tanto juntsuki*

Side strike with knife *Tanto uraken uchi*

Backward punch with knife *Tanto ushiro tsuki*

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